MFT

PERSONAL FITNESS

Lesson 9

Personal Fitness: Lesson 9 (lab)

- Review Lesson 8 and homework
- LO #1: Calculate Training Heart Rate (THR)
- LO#2: Acute effects of CR training (12-min run)
- LO#3: Monitor training intensity w/ HR monitors and RPE
- LO #4: Selecting proper footgear
- Review

LO #1: Calculate THR

1. Given:

   your age _____

   your RHR ___

   target intensity- 65%

2. Age-predicted MHR = 220 - age

3. HRR = MHR - RHR

4. THR = RHR + (.65xHHR)

LO# 2: Acute Effects CR TNG

- Increase in pulmonary ventilation (respiration)
- Increase in heart rate
- Increase in stroke volume
- Increase in cardiac output
- Increase in muscle temperature
- Increase in blood flow to heart

LO #3: Training Intensity

Criteria for an Aerobic Activity

>Use large muscle groups

>Use continuous, rhythmic, and repetitive actio

>Vigorous enough to raise HR to the training lev

that can be sustained for a minimum of 20 minu

LO #3: Training Intensity

Aerobic Training & FITT

Frequency	3- 5 times per week
Intensity	1. 50% THR – start point for a physically inactive person 2. 70-85% THR – physically active 3. >85% - well trained athletes
Time	20 – 60 mins in the THR zone * inversely proportional to intensity

LO #3: Training Intensity

Aerobic Types (mode)

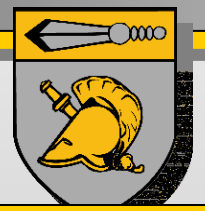
Primary Aerobic Training

Secondary Aerobic Training

Running/jogging, walking, swimming, cycling, aerobic dance etc.

Tennis, handball, basketball, racquetball etc.

LO #3: Training Intensity



Long Slow Distanc

Fast Continuous Training at or Near Race Pace

Methods of Cardiorespiratory Training

Fartlek - Speed Play - Informal Intervals

Intervals - Specificity for 2 MR

LO #3: Training Intensity: LSD

- F - 1 - 3 X/ week
- I - 60 - 75% THR
- T - At least 20 mins.
- T - Primary Aerobic Exercise

LO #3: Training Intensity: Fast/Cont Training- at or near race pace

- F - 1 - 3 X / Week
- I - 75-85%
- T - > 20 mins.
- T - Primary aerobic exercise (doesn't have to be running)

LO #3: Rating of Perceived Exertion

- Text: pg. 138
- Useful for <u>experienced</u> exercisers to estimate their training intensity w/o stopping to count.
- Threshold = 12 “somewhat hard-” (60%)

  Talk-test = intermittent conversation
- Upper limit = 16 “hard+” (85%)

  Talk-test = cannot speak

LO #3: Heart Rate Monitors

- Read and understand User's Manual
- Wet sensors on transmitter
- Wear flat and snug on skin
- Store desired data points
- Download all data before removing transmitter!
- Trouble shooting
  - Global Clear, Cleanliness, Wear, Batteries

LO#4: Proper Footwear

- Know your foot type

- Choosing the right sho

- Mileage replacement

“Like changing your car’s oil!”

www.runnersworld.com/home.html

Personal Fitness: Lesson 9

- LO #1: Calculate THR
- LO#2: List acute affects of CR Training
- LO#3: Define I of FITT via training methods, RPE and use of heart monitor
- LO#4: Know your foot and address factors associated with proper footwear
- Review and Prep for Lab